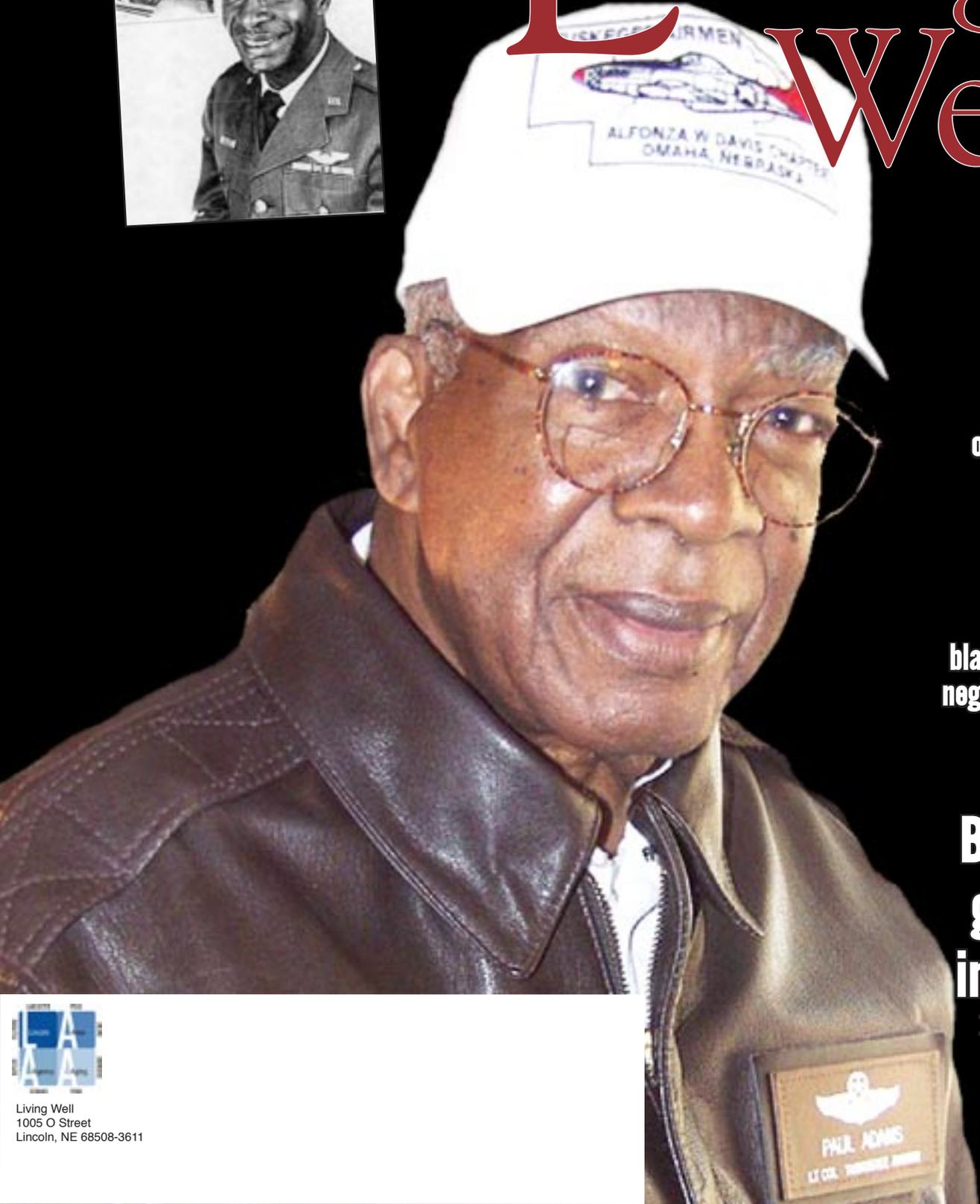


A magazine published by the Lincoln Area Agency on Aging.
Volume 2, No. 1 January/February/March 2006

Living Well



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8 county area: 32,000+ (60% of 60+)
Editor: June Pederson
Support staff: News Link 475-6397

Living Well is a service of the Lincoln Area Agency on Aging (LAAA). The suggested contribution (tax-deductible) for an annual subscription is \$8. Contributions in any amount welcome! This magazine is for the 32,000 citizens, 60 years of age and older, who reside in the counties of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York in the state of Nebraska, United States of America. However, all readers of all ages are welcome!

This publication's purpose is to educate and inform persons on topics, programs, issues and activities that are of concern to the mature population, their families and community organizations. Specific emphasis is on articles pertaining to the services of LAAA. Contents may be reproduced with credit to the magazine.

Living Well is available FREE on cassette from: Talking Book and Braille Services Nebraska Library Commission, The Atrium, 1200 N Street, Ste. 200, Lincoln, NE 68508

Directors Corner



Dear Readers:

We've had many positive responses about our first issue. Change can be exciting as well as disquieting. We thank those who took the time to respond.

As we begin this new year, I've set out some resolutions for myself. I'll only share one hoping it will strike a cord with you. My resolution is to be "proactively positive."

I find that reading newspapers, listening to broadcast news, talk radio, and sometimes colleagues and friends, the focus is negative. It's easy to develop the "habit" of being negative. Spending time with someone who is overwhelmingly negative can be exhausting and depressing.

As a practicing realist, I've resolved to ask myself this question each evening,

"What were the good things that happened to me today? I'm a few days into this process and have discovered that I've begun to remember the positive, funny or upbeat things that occur as they happen and tuck them away in my memory for the evening review. Each day I work to create positive events myself, which is the proactive part of my resolution.

This doesn't mean I've become Pollyanna. There are times when a negative response is appropriate, but when it becomes a habit, everyone around us is affected.

If you haven't yet made a decision about what you are going to do about Medicare Part D, the new prescription drug program, you are not alone and you still have until May 15. Please take time to read the article in this issue about the process and if you need help, call our staff at 441-7070 and ask for assistance.

The April - June issue of this magazine will arrive covered with a return wrapper requiring you to send it back to us if you want to continue to be on our mailing list. This will assure us that *Living Well* is welcome at your home and save printing and postage costs for issues that are not read.

With warm regards,

June Pederson
June Pederson, LAAA Director

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Keeping independence a reality

When it's time to find a quality caregiver, let Care Consultants for the Aging lend their expert assistance.

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Care Consultants for the Aging serves as a home health referral registry. The staff prescreens each and every potential registry candidate by checking criminal histories, state abuse registries, past work histories and confirming certification and licensing.

The company was formed in 1991 at Omaha and a Lincoln branch was added in 1998.

This registry offers self-directed care, allowing you or your loved one to choose the type of care, caregiver, and amount of care received.

"People will tell us what they need, when they need it and then we will work to meet their needs," Nathan said.

Care Consultants for the Aging publishes the Lincoln *Eldercare Resource Handbook* every other year. This year, it was available Oct. 5 and distributed to locations where people help make decisions for elder care.

This handbook serves as a valuable resource and contains community information to provide answers to many questions concerning elder issues by offering guidelines, suggestions and definitions.

The five sections included cover: medical support; home health care and support services; living options; senior services; and government/legal and insurance.

This handbook comes as a complimentary service to health care professionals. It is also available to the general public for \$5 by contacting Care Consultants for the Aging at 488-3771.

"Helping people make informed decisions about elder care has many rewards," Nathan said. "We enjoy what we do."



The ElderCare Resource Handbook is published by Care Consultants for the Aging.



Robbie Nathan serves as Branch Manager in Lincoln for Care Consultants for the Aging.

"Helping people make informed decisions about elder care has many rewards. We enjoy what we do."

— Robbie Nathan
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“In South Carolina, blacks were not allowed to be on the Air Force base — let alone fly a plane. The only blacks you would see there would be janitorial workers and I was determined to change this.”

— Paul Adams, Tuskegee Airmen member

Lincoln resident part of historic group

Growing up in the midst of segregation and racism in the South was not easy for Paul Adams.

Despite adversity and social inequality, he managed to overcome prejudice and become a member of one of the most highly respected fighter groups of World War II. These all black fighter pilots became known as “Tuskegee Airmen.”

Born in Greenville, S.C., in 1920, Adams was one of 11 children. He worked hard to complete his education and graduated from South Carolina State A&M College. After college, Adams taught school for one year before entering the Tuskegee Air Force Base in Alabama.

“In South Carolina, blacks were not allowed to be on an Air Force base — let alone fly a plane,” Adams said. “The only blacks you would see there would be janitorial workers and I was determined to change this.”

Prior to the World War II, there was a widespread belief in the military that African-Americans were incapable of flying and could not perform in combat.

In 1940, the United States War Department asked the Commander of Tuskegee Air Force Base to conduct an experimental program to prove blacks could become pilots and flight instructors.

Adams began fighter pilot training in 1942 as a cadet. In 1943, he received his commission as a Second Lieutenant assigned to fly the P40 Warthog in the 332nd fighter group.

During World War II in 1943,

these airmen were sent to combat in Europe and North Africa. They flew successful missions over Sicily, the Mediterranean and North Africa.

“Abroad we were treated with respect by our allies,” Adams said. “It was when we returned home that the real struggle began.”

Adams recalls the constant negativity toward blacks in the military. He said he is especially fond of President Harry S. Truman, who’s Executive Order laid the ground work for desegregation of the military.

He also acknowledges the time when former First Lady Eleanor Roosevelt visited Tuskegee Army Air Field and chose to ride in an airplane with a black pilot. She played a key role in encouraging her husband former President Franklin D. Roosevelt, to activate the Tuskegee Airmen.

During his military career, Adams served in nine major campaigns where he provided critical air intelligence information and was awarded the AFCM, EAMCM-silver, two BBS, AFLSA, NDSM and the AFRCM. The 332nd Fighter Group received a Distinguished Unit Citation for their performance and heroism.

The achievements of the Tuskegee Airmen showed that they were highly disciplined and capable fighters and paved the way for full integration of the U.S. military.



Alda and Paul Adams have been married 59 years. They stay active in the church and community.

Upon retiring from the Air Force, Adams became a teacher at Lincoln High School. He taught industrial arts from 1954 to 1963, when he retired. Adams is one of the first three black teachers in Lincoln. Currently Adams serves as a member of the Capital City Kiwanis. He organized a Builders Club at East High School and served as a Kiwanis Grandpa at Elliot School. He also was president of the Lincoln NAACP and has been the associate of the Retired Officers Association. He and Alda, his wife of 59 years, are also active members in their church.

See more about Tuskegee Airmen Page 16



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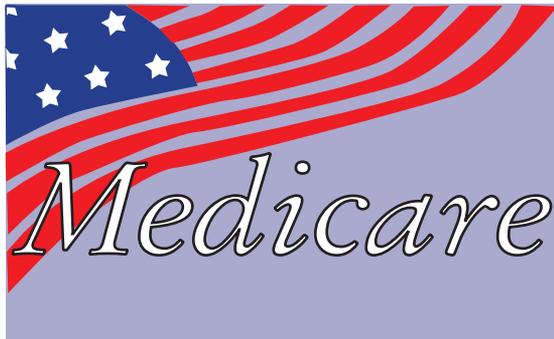
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The change in the federal Medicare prescription plan, known as Medicare's new Prescription Drug Program, often called Medicare Part D, is something everyone age 65 and older needs to know about. Please take time to read this article. If you have questions or want help, call the LAAA's LIFE office at 402-441-7070 or 800-247-0938.

June Pederson
S. June Pederson, Director
Lincoln Area Agency on Aging

A benefit coming to you soon

Starting this January, you may be able to reduce your prescription costs.

If you have Medicare, you are eligible for the Prescription Drug Benefit offered to you through Medicare.

This is an opportunity for you to buy an insurance plan and to help pay for your prescriptions.

The most important thing to remember is that if you do not pick a prescription drug program you will not get this benefit.

The Lincoln Area Agency on Aging is urging all eligible individuals to enroll in this program.

Many of our readers may be tempted to avoid enrolling in the voluntary program. Remember, if you do not enroll in a Prescription Drug Plan, you may be subject to a penalty when you need help with high prescription drug costs in the future.

No one will do it for you, with the exception of persons on Medicaid.

This is the first time in the history of Medicare that beneficiaries will have real protection when faced with overwhelming prescription drug costs.

What Do I Do?

Some Medicare Beneficiaries may feel overwhelmed by the num-

ber of Prescription Drug Plan choices available to them.

There are more than 41 plans available for an individual to choose from in the State of Nebraska.

The LIFE Office has developed an informational packet to help you begin your search for the plan.

To receive this packet you can call the LIFE Office at (402) 441-7070 or (800) 247-0938 and one will be mailed to you.

Once you have received the packet, enter all of the information on your "personal information worksheet."

At this point, there are several ways you can narrow your choices to the plan that will best serve your needs.

1. The WWW.MEDICARE.GOV Web Site is the best tool for you to use to help you narrow your choices down to three plans that will fit your medications and that your local pharmacy will honor. If you do not have a computer, it would be to your advantage to ask a family member or trusted friend with a computer to help you. Instructions for maneuvering the Web site are included in the LIFE packet.
2. The 1-800-MEDICARE (1-800-633-4227) telephone number is also a very good tool to use. You

can call and give an operator the information you have collected on your "personal information worksheet," including the medication that you currently take. The Medicare operator will mail a printout of the top Prescription Drug Plans that will help you reduce your prescription drug costs.

3. If you are unable to do either step one or two, you can mail in the personal information worksheet to the LIFE Office and we can process your information on the Medicare Web site and we will mail back to you the top three Prescription Drug Plan choices that the Medicare Web site recommends.

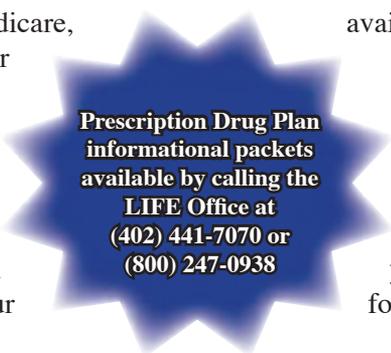
What Can I Do To Help Others?

There are many local community groups that are working very hard to provide information and guidance to individuals.

If you have the ability to help others in your community, **PLEASE** do so.

The number of older citizens that need help is great, and many are well hidden within our communities.

These are the individuals that are homebound or socially isolated for one reason or another and these persons can really benefit from your help. If you wish to volunteer your time and energy please call (800) 234-7119 and ask for Ted Boyer.



Prescription Drug Plan informational packets available by calling the LIFE Office at (402) 441-7070 or (800) 247-0938

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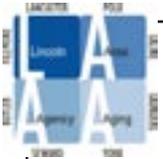
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Lincoln Area Agency on Aging

MISSION

The Lincoln Area Agency on Aging is the principal Agency which plans, coordinates and advocates for older people in our eight county area. Our mission is to enhance daily living, expand personal choices, and educate the community in an effort to ensure the independence and full life of the people we serve.

FIRST SERVICE

Information and Referral

LIFE provides help for individual older persons and their caregivers to resolve questions, and concerns, occurring with aging. Services include referrals, counseling, social work, and care management. First Services is the starting point in determining alternatives, and arranging services for individuals and their families in the LAAA eight county service area. Call (402) 441-7070 or (800) 247-0938

SENIORS FOUNDATION

Charitable foundation focused on enhancing and enriching the quality of life and independence of all older adults in Lincoln and Lancaster County. 441-6179
www.seniorsfoundation.org

ACTIVAGE CENTERS

Older adults receive social, recreation, health, educational programs and activities. Noon meals, selected evening meals with entertainment, special holiday meals, light menu choices, and shelf stable meals for at home. Transportation to the Centers is available for a fee. Eleven centers in Lincoln and five in Lancaster County. L 441-7158

ACTIVITIES & CLASSES

- **Health**
Physical activity and exercise classes to improve health and fitness. L 441-7575
- **Travelogue**
Travel films by professional photographers.
L 441-7026
- **Tickets, tours, and events**
Opportunities to enjoy cultural and educational events. L 441-7158

CAREGIVING — 441-7070

- **ElderCare Connection**
Caregivers receive information, support, and assistance. www.eldercare.gov
- **Caregiver Support Groups**
Discuss issues and problems of caregiving with other caregivers.

- **Senior Companion Program**
Homebound older adults receive companionship.
- **TELECARE**
Daily reassurance phone call to older adults.
L 441-7026
- **Project HELP**
Homebound older adults receive companionship.
L 441-6103
- **Caregiver Support Services**
Caregivers receive stress management, exercise, health and wellness assessments, nutrition counseling. 441-7575

LONG TERM CARE OPTIONS

(402) 441-7070 or (800) 247-0938

- **Care Management Services**
- **LifeLine Emergency Response System**
24-hour emergency access by pressing a button.
- **Resident Services**
Service coordination to maintain the independence of those at Burke Plaza, Mahoney Manor, and Crossroads House in Lincoln and in Geneva. Fillmore & Lancaster only.
- **Senior Care Options**
Long-term care and assessment for Medicaid eligible persons seeking nursing home care.
- **Supportive Services Program**
Eligible older persons can receive assistance with the cost of in-home services and adult day care.
- **Medicaid Waiver Services**
State funded in-home services for those who are Medicaid eligible who choose to live at home or use community based services.

EMPLOYMENT

441-7070 or (800) 247-0938

- **OperationABLE**
Job searching for persons 50+. Works with employers who have job listings.

FINANCIAL

(402) 441-7070 or (800) 247-0938

- **Financial Counseling**
Information on Medicare, private insurance policies, reverse mortgages, and home equity loans. L
- **Medicare Fraud**
ECHO seeks to reduce waste and fraud in the Medicare Program.
- **Long-Term Care Ombudsman**
Protects the rights of residents in long-term care facilities.

on Aging Services

- **SHIIP**
 Senior Health Insurance Information Program
 Information concerning Medicare, Medicaid, and health insurance.
- **TRIAD**
 Referral to appropriate agencies for crime prevention, elder abuse, scams, fraud. L 441-6103

HEALTH & FITNESS

- 441-7575
- **Lifetime Health Program**
 Health assessments, physical activity and exercise classes. A variety health educational presentations. Exercise classes, Forever Strong, Exercise for a Lifetime, Yoga and Pilates on
 - **5-City TV daily.** L
 - **Forever Strong Health Club**
 Fitness equipment and consultations with certified personal trainers. L
 - **Senior Health Promotion Center**
 The University of Nebraska - Medical Center and LAAA provide Health screenings. L
 - **Alzheimer's Disease**
 The LIFE office provides information and referral. 441-7070 or (800) 247-0938
 lincoln.ne.gov keyword: aging
 - **Widowed Person Service**
 Support for people who are newly widowed. L 441-6101
 - **Harvest Project**
 Coordinates mental health and substance abuse services. L 441-7070

HOUSING

- **Home Handyman Service**
 Handyman services from mowing to leaky faucets to painting to broken light fixtures. L 441-7030
- **Assisted Living and Nursing Facilities**
 Listings are available from the LIFE office. (402) 441-7070, (800) 247-0938, lincoln.ne.gov keyword: aging.

NUTRITION

- 402-441-7158
- **Nutrition Consultation**
 Older adults receive assessments, intervention planning, counseling, follow-up, and coordination with other service providers.
 - **Meals**
 Noon meals, selected evening meals with entertainment, special holiday meals, and light

menu choices are available at some Centers.

TRANSPORTATION

- **Transportation to the ActivAge Centers**
 L 441-7158
- **Lancaster County Rural Transit**
 Fixed schedule transportation from rural Lancaster communities into Lincoln. L 441-7031
- **Other options in the community**
 Listings available at 441-7070,
 lincoln.ne.gov.com keyword: aging. L

VOLUNTEERING

- **RSVP / Retired & Senior Volunteer Program**
 Volunteer experiences for those ages 55+. Coordinates between community needs and the talents of the volunteers. L 441-6103
- **Foster Grandparent Program**
 -Providing mentoring to youth.....441-6105
- **Guardian and Conservatorship**.....441-7070
- **Long-Term Care Ombudsman**.....441-7070
- **Project HELP**.....441-6103
- **Senior Companion Program**.....441-7070
- **SHIIP**.....441-7070
- **TELECARE**.....441-6571
- **TRIAD**.....441-6103
- **Widowed Persons Service**.....441-6101

MULTI-COUNTY PROGRAMS

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- **Fillmore County Senior Services**
 402-759-4921
- **Polk County Senior Services**
 402-764-8227
- **Saline Eldercare**
 402-821-3330
- **Saunders County Senior Services**
 402-443-4896
- **Seward County Aging Services**
 402-761-3593
- **York County Aging Services**
 402-362-7626

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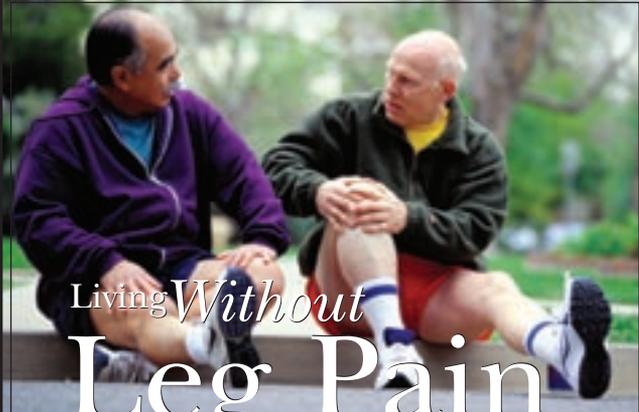

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York area proud of its senior center

A retired optometrist, Jim Stansberry brought clear vision to a group to organize and build the York Senior Center.

The center opened in 2002, after 12 years of planning and fund-raising through the efforts of a dedicated group of committee members and volunteers.

Stansberry served as the York Area Senior Center Development president of the board from 1993 until after the center opened. He now serves as the board treasurer.

Stansberry's wife, Lorraine, who he married 52 years ago, served as a the chairperson for what they dubbed the "chicken feed committee," which covered fund-raising efforts through various functions to cover startup costs.

One disappointment is that after Lorraine helped to get a center, she had a disabling stroke one year before the center opened. Because of this stroke, she has not been able to visit the center much and the Stansberrys are unable to take part in all the activities or participate in its operation as planned.

Senior citizens throughout York and the area can use the center to participate in playing pool, quilting, doing arts and crafts, listening to health-related presentations or just socialize.

"The center has been a benefit

for York and the surrounding area," Stansberry said, noting that about 100 people a day use the center. "We want anyone in the York area over the age of 55 to feel free to use this facility."

Stansberry credits the York County Aging Services

for their support. It was the agency which kind of spearheaded the building project in 1992, Stansberry said.

The agency understood there was a need for a center such as this and Stansberry agrees. He grew up in Norfolk and worked there professionally after his career in the Navy for a number of years.

While not involved with it personally, he saw the senior center in Norfolk as bringing benefit to the community and its senior citizens.

Since moving to York in 1956 and living here ever since, Stansberry appreciates how the center fills a void and thanks everyone for their efforts to making the \$1.25 million center a reality.

"There are major benefits for



Jim Stansberry considers the York Area Senior Center a major benefit to the area.

people to be involved in activities and socialize," Stansberry said. "The York Senior Center construction was a viable project and has developed into something that is a definite benefit to York and the area."

Current membership stands at about 500, but Stansberry and others stress again how it is open to anyone over the age of 55.

In addition to his involvement with the York Area Senior Center, Stansberry also serves on the advisory boards of the York County Aging Services and Lincoln Area Agency on Aging, which meet monthly.

The Lincoln Area Agency on Aging covers eight counties: Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York.



Left: A group gathers at the York Senior Center to play pool. Almost every morning, a group can be found playing pool. **Right:** Volunteers prepare tables for another outstanding meal at the York Senior Center.



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Clark Jeary residents looking forward to their new location in 2006. Front row, from left, Leona Janzen, Harry Powell, Lucille Shotkoski; back row, Lynette Helling, Interim HealthCare, Carla Abendroth, Clark Jeary Director of Marketing.



Artist rendering of new facility at 33rd Street & Yankee Hill Road

Top 10

LIFE's Top 10 Reasons to Call:

- 1 Need information on Lincoln Area Agency on Aging programs and services.
- 2 Are in a crisis situation.
- 3 Have been recently hospitalized.
- 4 Have financial concerns.
- 5 Have ongoing health problems.
- 6 Need help with medical bills.
- 7 Have suffered a loss.
- 8 Are considering a relocation.
- 9 Are providing care for someone.
- 10 Have legal concerns.

Lincoln Area Agency on Aging LIFE
441-7070 or (800) 247-0938
1005 "O" Street
Lincoln, NE 68508

Tuskegee Airmen form in 1941

Continued from Page 6

On July 19, 1941, the Army Air Force began a program in Alabama to train black Americans as military pilots.

Primary flight training was conducted by the Division of Aeronautics of Tuskegee Institute, the famed school of learning founded by Booker T. Washington in 1881.

Once a cadet completed primary training at Tuskegee's Moton Field, he was sent to nearby Tuskegee Army Air Field for completion of flight training and for transition to combat type aircraft.

The first classes of Tuskegee airmen were trained to be fighter pilots for the famous 99th Fighter Squadron, slated for combat duty in North Africa.

Additional pilots were assigned to the 332d Fighter Group which flew

combat along with the 99th Squadron from bases in Italy.

A twin-engine training program was begun September 1943 at Tuskegee to provide bomber pilots.

However, World War II ended before these men were able to get into combat.

By the end of the war, 992 men had graduated from pilot training at Tuskegee, 450 of whom were sent overseas for combat assignment.

During the same period, approximately 150 lost their lives while in training or on combat flights.

Additional men were trained at Tuskegee for aircrew and ground-crew duties — flight engineers, gunners, mechanics, armorers, etc. Others were sent to Texas and New Mexico for training as navigators and bombardiers.

Source: National Museum of the United States Air Force

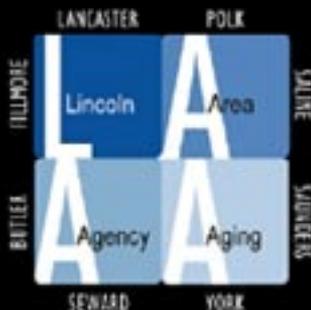


Tuskegee Airmen, Inc.
Giving History a Future

Logo from
Tuskegee Airmen,
Inc. - National Web

Lincoln Area Agency On Aging

www.lincoln.ne.gov
keyword: aging



Public Service Announcement



Providing care by encouraging activities, interaction and laughter.

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4900 S. 48th St.
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Mary gets adopted by Molly



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New generation of senior volunteers fill

Lily Hans, Director of LAAA's RSVP (Retired & Senior Volunteer Program) proudly points out that although many of the 700 plus senior volunteers who are active members of LAAA's RSVP (Retired & Senior Volunteer Program) serve in traditional jobs in hospitals, schools, nursing homes, or ActivAge Centers, there are many new generation volunteers who are re-inventing volunteerism in new and exciting ways!

Here's a few examples:

Ken and Mary Alice Jones

The Joneses find a great sense of worth by volunteering with the American Red Cross.

Mary Alice has served as an American Red Cross volunteer six years, while Ken came on board five years ago. They both serve as members of the Disaster Action Team and carry a beeper one week a month to respond to incidents where people may be displaced from their homes and need assistance.

"When we respond, we take care of the immediate needs such as food, shelter and clothing," Ken said.

The couple also instructs basic disaster relief classes about twice each month for people interested in becoming a volunteer or for people in the community who want information about disaster relief.

On a national level, the couple has served where hurricanes, tornadoes and floods have displaced people. During the recent hurricanes in the Gulf

Coast region, they stayed in Nebraska but volunteered at one of the 15 nationwide Red Cross national call centers in Omaha. They answered calls from 1 p.m. to 9 p.m. throughout 22 days.

Since joining the Red Cross as a volunteer, Mary Alice took on the responsibility of maintaining an archive room with more than 1,600 items. She puts together Red Cross displays for various functions.

"I love history and that's what drew me into this role," Mary Alice said.

Together, the couple handles photography for many Red Cross events.

Since the couple entered retirement about five years ago, they have found volunteering at the Red Cross to be fulfilling.

"After you retire, you need to find something that makes you feel worthwhile to your community, church or other organizations," Mary Alice said. "Whenever you give, you get too."

Ken echoes his wife's remark.

"We are concerned for others in need," he said. "By volunteering for the Red Cross, you'll never work longer hours for no pay and feel so good about it."

The Lincoln Chapter of the American Red Cross offers many avenues for people to volunteer such as being on the Disaster Action Team; serving as a sponsor for Junior Red Cross in middle schools; helping on the First Aid Team — a medical background is not required as training is provided; or offering CPR classes. The Red Cross also



Mary Alice
and
Ken Jones

crucial roles throughout the community



Volunteers in Action...

...: Mary Alice Jones teaches a class for the American Red Cross. **Above left:** Jim Buckwalter, left, and Lawrence Lichti, check to make sure they have all the needed supplies in a Nebraska Motorist Assist Program van before going on to Interstate 80 to assist stranded motorists. **Above right:** Ken Jones takes calls for American Red Cross at one of its national call centers in Omaha following the recent Gulf Coast hurricanes.

...ds serious amateur photographers or someone who can assist Mary Alice with maintaining the archive room.

Buckwalter

Jim Buckwalter also knows a thing or two about helping people in need.

Since September 2001, Buckwalter has driven the Nebraska Motorist Assist Program van between York and Lincoln on Interstate 80, helping stranded motorists.

“I felt like it was something I could do that would really help people,” Buckwalter said. “It’s very rewarding.”

The Lincoln program is coordinated by the Nebraska State Patrol.

State Patrol Trooper Keith Simonsen, who initiated the Lincoln-area program, said the patrol has dubbed the volunteers “the highway angels.”

Each motorist helped is asked to fill out a comment card. Comments such as “The volunteer showed up like an angel out of the sky” are frequently received.

Buckwalter wears a reflective vest and drives a well-equipped, well-equipped van. These vans have scanners, cell phones and two-way radios, which enable volunteers to communicate with state troopers and dispatchers.

He provides jump starts or transportation for stranded motorists, checks and tags abandoned vehicles and assists with traffic control at accident scenes. He will change tires,

but does not perform mechanical work on vehicles.

Volunteers also can drive stranded motorists to a gas station and return them to their vehicle.

Buckwalter has a commercial drivers license and has completed training for CPR, defensive driving, radio and safety procedures and traffic regulations.

If you have special interests or talents that you’d like to share with our community, call The Lincoln Area Agency on Aging’s Volunteer Programs office at 441-7026 and find out how you can “Make 2006 The Year To Volunteer!”



Jim Buckwalter

Calendar of Events



Calendar of Events

January 2006

Tickets, Tours & Events

Jan. 9 or Jan. 11

- **BRIDGE** Keep playing! More multi-week classes with instructor, Bruce Burns. Designed for the beginning beginner to the seasoned player. Please call (402) 441-7158 for information and reservations. Payments are payable to and sent to the Lincoln Area Agency on Aging, Attn: ActivAge Bridge classes.
- Class 1 — Jan. 9 - Beginning I
- Class 2 — Jan. 11 - Beginning I

Jan. 10, 17

- **Choices to Make: Boomers in Transition** — Retirement is more than just a 401K or mutual funds. How are you going to spend your free time? Where do you want to live? Will you have a second career? Learn how to take control of your life and enjoy your future to the fullest! Classes will be Jan. 10 and Jan. 17, 6:30 p.m. to 9:30 p.m., at the SCC Continuing Education Center, 301 South 68th St. Place (the former Gallup Building). Sharon Cheney, RN, MA, will be the instructor. Cost is \$29. For more information, see www.southeast.edu or contact Nancy Holman, SCC, at nholman@southeast.edu or (402) 437-2712 or (800) 828-0072.

Jan. 25

- **ActivAge Tickets: Les Ballets Trockadero de Monte Carlo.** Lied, 7:30 p.m., \$16, 441-7158.

Jan. 26

- **ActivAge Tickets: "Odd Couple: Female Version,"** Lincoln Community Playhouse, 7:30 p.m., \$15, 441-7158

Jan. 27

- **ActivAge Tickets: Royal Philharmonic Orchestra.** Lied, 7:30 p.m., \$22.50, 441-7158.

Jan. 29

- **ActivAge Tickets: "Odd Couple: Female Version,"** Lincoln Community Playhouse, 2 p.m., \$15, 441-7158

ActivAge Centers

Jan. 5

- **Dinner and a Show: Loren Davidson on the piano,** First United, early evening, contribution or cost, reservations needed, 441-7152.

Jan. 12

- **At the Centers: January Birthday Party** with special entertainment, Calvert, 441-8483.

Jan. 17

- **Lunch Out with the Centers:** Mr. Steak, First United, 441-7152.

— **Other ActivAge Programs** (Home Handyman, Lifetime Health, Milestone Gallery, Rural Transit, Volunteer Programs)

Jan. 3, 5, 10, 12, 17, 19, 24, 26, 31

- **Movement Matters Exercise & Fitness Classes** Aerobic fitness for active older adults. Classes are Tuesdays and Thursdays, 9 a.m. or 11 a.m., at Auld Recreation Center, 3140 Sumner. Eight-week sessions begin Jan. 3 and March 2. Can join at any time. Classes for Jan. 3-19 will be held at the "F" Street Recreation Center while the Auld floor is restored. Call (402) 219-7000 to register. Cost is \$40 for St. Elizabeth Advantage members or \$44 for non-members.

- **Stretch and Tone** An easy and relaxing way to improve your flexibility and muscle tone. Most exercises are done sitting or standing near a chair. A great class for the beginning exerciser or person who hasn't been exercising for a while. Classes are Tuesdays and Thursdays, 9:30 a.m. to 10:15 a.m., North Gate Estates, 2425 Folkways Blvd. Eight-week sessions begin Jan. 3 and March 2. Can join at any time. Call (402) 441-7575 to register. Cost is \$28.

Jan. 5, 12, 19, 26

- **Yoga Refresh and Renew Exercise & Fitness Classes** Gentle yoga class includes relaxation. Classes are Thursdays, 10 a.m. to 11:30 a.m., at the Belmont ActivAge Center, 1234 Judson. Eight-week sessions begin Jan. 5 and March 2. Can join at any time. Call (402) 441-7575 to register. Cost is \$45.

Jan. 6

- **First Friday Gallery Walk,** Milestone Gallery, Downtown Center.

Jan. 17, 19, 24, 26, 31

- **Senior Health Promotion Center** The UNMC Colleges of Nursing and Dentistry, in cooperation with Lincoln Area Agency on Aging's Lifetime Health program, perform **health and dental screenings** at the Downtown ActivAge Center, 1005 "O" Street. No appointments needed for most services, walk-ins are encouraged. Dental screenings do require an appointment; please call (402) 441-7575. The Clinic is open from 9:30 a.m. to 2:30 p.m. on almost every

Continued on Page 21

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Tuesday and almost every Thursday. Call (402) 441-7575 for more information. Also, check with your closest ActivAge Center for transportation to the Clinic.

Jan. 31 to March 7

• **“THE ENERGY OF MONEY”**

Thousands of people have discovered by studying this book by Maria Nemeth, Ph.D., MCC, that it is possible to develop a powerful relationship with money. As you become powerful with money, then all the other forms of energy - time, physical vitality, creativity, enjoyment, and relationships can become available to convert your ideas and dreams into reality. This book study group will be facilitated by Kris Thaller, Life Coach. Tuesdays, Jan. 31 to March 7, 1 p.m. to 3 p.m., Legacy Estates, 7200 Van Dorn. Cost is \$50 for those 60 or better; or \$70 for those under 60. The book is needed to fully benefit from the course; cost is \$16. Register by Jan. 25 by calling Lifetime Health at (402) 441-7575.

February 2006

Tickets, Tours & Events

Feb. 2

• **ActivAge Tickets: “Odd Couple: Male Version,”** Lincoln Community Playhouse, 7:30 p.m., \$15, 441-7158.

Feb. 4

• **ActivAge Tickets: LSO’s “Passion and Poetry”** with Ted Kooser, KRH, 7:30 p.m., \$12, 441-7158.

• **ActivAge Tickets: Stefon Harris and Blackout.** Lied, 7:30pm, \$18, 441-7158.

Feb. 5

• **ActivAge Tickets: “Odd Couple: Male Version,”** Lincoln Community Playhouse, 2 p.m., \$15, 441-7158.

Feb. 9

• **ActivAge Tickets: Royal Winnipeg Ballet: “The Magic Flute.”** Lied, 7:30 p.m., \$16.50, 441-7158.

Feb. 15

• **Van to the Travelogue,** Wednesday at 6 p.m. show. \$4. Call 441-7158.

Feb. 20 or Feb. 22

• **BRIDGE Keep playing!** More multi-week classes with instructor,

Bruce Burns. Designed for the beginning beginner to the seasoned player. Please call (402) 441-7158 for information and reservations. Payments are payable to and sent to the Lincoln Area Agency on Aging, Attn: ActivAge Bridge classes.

- Class 3 — Feb. 20 - Beginning II
- Class 4 — Feb. 22 - Beginning II

Feb. 26

• **ActivAge Tickets: LSO’s “Mozart’s Birthday Party,”** Lincoln High, 2 p.m., \$5, 441-7518.

ActivAge Centers

Feb. 9

• **At the Centers: February Birthday Party** with special entertainment, Calvert, 441-8483.

• **Dinner and a Show:**

A SKEPTICS GUIDE TO VALENTINE’S DAY!: A Comical Music Revue about Love in the Lost & Found. Sometimes Cupid’s aim is just a little off, and for years, songwriters have had a field day writing songs about it! Join us for a very special Valentine’s Dinner and a Show, featuring the fabulous musical stylings of The O.K. Chorale. Meal includes Sweetheart Salmon Filet and Strawberry Cheesecake. Thursday, Feb. 9, starting at 5 p.m. at Cotner Center Condominiums, 1540 North Cotner.

Suggested contribution for people over 60; and cost for people under 60. Van is an additional \$1 fee. Call the Northeast ActivAge Center by Monday, Feb. 6 for reservations at (402) 441-7151.

Co-sponsored with Cotner Center Condominiums and the Cornhusker Bank.

Feb. 14

• **Valentine’s Dessert at the ActivAge Centers.** Reservations needed, contribution, van available. Call your closest Center or 441-7158.

• **At the Centers: Valentine’s Pizza Party,** First United, 441-7151.

Feb. 23

• **Dinner and a Show:** GREAT JUBILATION: An Evening of Traditional Black Gospel Music. This Black History Month event is co-sponsored



Calendar of Events



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Calendar of Events

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with the Malone Community Center. Includes an evening meal. Thursday, Feb. 23 starting at 5 p.m. at the Maxey ActivAge Center in the Malone Community Center, 2032 “U” Street. Suggested contribution for people over 60; and cost for people under 60. Van is an additional \$1 fee. Call the Maxey ActivAge Center by Monday, Feb. 20 for reservations at (402) 441-7849.

To Be Announced

- **Income Tax Assistance** will be available at various ActivAge Centers, 441-7158.

Other ActivAge Programs

(Home Handyman, Lifetime Health, Milestone Gallery, Rural Transit, Volunteer Programs)

Feb. 2, 7, 9, 14, 16, 21, 24, 28

- **Movement Matters Exercise & Fitness Classes** Aerobic fitness for active older adults. Classes are Tuesdays and Thursdays, 9a.m. or 11 a.m., at Auld Recreation Center, 3140 Sumner. Eight-week sessions. Can join at any time. Call (402) 219-7000 to register. Cost is \$40 for St. Elizabeth Advantage members or \$44 for non-members.

- **Stretch and Tone** An easy and relaxing way to improve your flexibility and muscle tone. Most exercises are done sitting or standing near a chair. A great class for the beginning exerciser or person who hasn't been exercising for a while. Classes are Tuesdays and Thursdays, 9:30-10:15am, North Gate Estates, 2425 Folkways Blvd. Eight-week sessions. Can join at any time. Call (402) 441-7575 to register. Cost is \$28.

Feb. 2, 9, 16, 23

- **Yoga Refresh and Renew Exercise & Fitness Classes** Gentle yoga class includes relaxation. Classes are Thursdays, 10 a.m. to 11:30 a.m., at the Belmont ActivAge Center, 1234 Judson. Eight-week sessions. Can join at any time. Call (402) 441-7575 to register. Cost is \$45.

Feb. 2, 7, 9, 14, 16, 21, 23, 28

- **Senior Health Promotion Center** The

UNMC Colleges of Nursing and Dentistry, in cooperation with Lincoln Area Agency on Aging's Lifetime Health program, perform **health and dental screenings** at the Downtown ActivAge Center, 1005 “O” Street. No appointments needed for most services, walk-ins are encouraged. Dental screenings do require an appointment; please call (402) 441-7575. The Clinic is open from 9:30 a.m. to 2:30 p.m., on almost every Tuesday and almost every Thursday.

Call (402) 441-7575 for more information. Also, check with your closest ActivAge Center for transportation to the Clinic.

Feb. 3

- **First Friday Gallery Walk**, Milestone Gallery, Downtown Center.

Feb. 14-15

- **RSVP TRAVELOGUE: Europe's Wild Gem — Iceland** Explore around the world adventures with professional photographers narrating the travel. Shows are on Tuesdays, 2 p.m. and 8 p.m., and Wednesdays, 2 p.m. and 6 p.m.; at Edgewood Theatre near 56th & Highway 2. Tickets are available at door: \$6 for those 55+ or \$7 for those under 55. Or call Volunteer Programs at (402) 441-7026 about season tickets. If you would like to have van service for the Wednesday, 6 p.m. show, call (402) 441-7158 to schedule at least one week prior to show. Van cost is \$4 per ride.

Feb. 22

- **Love Your Heart: A WHOLEistic Approach to Heart Health** Can nutrition, stress management, exercise, and social interaction affect our hearts? Yes! Discover how practicing a healthy lifestyle can benefit your heart. Also, learn about the latest cardiac diagnostic and treatment technology that saves thousands of lives each day. Presenters include Paula Ritter Gooder, Registered Dietician; Terri Swanson, Certified Personal Trainer; Tracie Foreman, Aging Specialist & Health Educator; and Virg Unverferth, APRN, BC, of the Nebraska Heart Institute. Wednesday,

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Calendar of Events



Calendar of Events

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Feb. 22, 9:30 a.m. to 11:30 a.m., First United ActivAge Center, 2723 North 50th St. For more information on the presentation, call Lifetime Health at (402) 441-7575. If you would like lunch, please reserve your meal at least two days in advance by calling (402) 441-7152. Suggested contribution for the lunch.

March 2006

Tickets, Tours & Events

March 1

• **ActivAge Tickets:**
Jake Shimabukuro. Lied, 7:30 p.m., \$16, 441-7158.

March 4

• **ActivAge Tickets: The Academy of St. Martin in the Fields.** Lied, 7:30 p.m., \$22.50, 441-7158.

March 5

• **ActivAge Tickets: "Ramona Quimby,"** Lincoln Community Playhouse, 2 p.m., \$8, 441-7158.

March 8

• **Digital Camera Seminar.** Did Santa bring you a digital camera or leave camera money in your stocking? Learn how to buy and use today's digital cameras. Lead by Clark Springman in cooperation with the Lincoln Camera Club. Wednesday, March 8, 2 p.m. at Gere Library. Call (402) 441-7158 for further information.
• **ActivAge Tickets: "Color Me Dark."** Lied, 7 p.m., \$12 for any age, 441-7158.

March 11

• **ActivAge One Day Tour: Sandhills Cranes with the Bird**

Lady, 441-7158.

• **ActivAge Tickets: LSO's "Firsts and Favorites,"** KRH, 7:30 p.m., \$12, 441-7158.

March 15

• **Van to the Travelogue,** Wednesday at 6 p.m. show. \$4. Call 441-7158.

March 21

• **ActivAge Tickets: Aquila Theatre Company: "Dr. Jekyll & Mr. Hyde."** Lied, 7:30 p.m., \$17, 441-7158.

March 23

• **ActivAge Tickets: Aquila Theatre Company: "Hamlet."** Lied, 7:30pm, \$17, 441-7158.

March 24

• **Lunch with the Mayor: Rewards and Challenges of Life in Public Service.** This Women's History Month event features Coleen J. Seng, Mayor of the City of Lincoln reflecting on public service. Friday, March 24, 11:30 a.m. in the second floor classroom at the Downtown ActivAge Center, 1005 "O" St. Suggested contribution or cost for the meal. Meal reservations need to be made by March 22, noon by calling (402) 441-7158.

March 25

• **ActivAge One Day Tour: Exclusive: Barbershoppers,** 441-7158.

March 30

• **ActivAge Tickets: National Symphony Orchestra with Leonard Slatkin.** Lied, 7:30 p.m., \$17.50, 441-7158.

ActivAge Centers

March 9

• **At the Centers: March**

Birthday Party with special entertainment, Calvert, 441-8483.

March 16

• **Dinner and a Show: Wee Brazen Hussies,** Cotner Center Condominiums, early evening, contribution or cost, reservations needed, 441-7151. Wee Brazen Hussies Dinner & a Show will be Thursday, March 16, starting at 5 p.m. at Cotner Center Condominiums, 1540 North Cotner. Suggested contribution for people over 60; and cost for people under 60. Van is an additional \$1 fee. Call the Northeast ActivAge Center by Monday, March 13 for reservations at (402) 441-7151. Co-sponsored with Cotner Center Condominiums.

March 17

• **Saint Patrick's Day Dessert at the ActivAge Centers.** Reservations needed, contribution, van available. Call your closest Center or 441-7158.

Other ActivAge Programs

(Home Handyman, Lifetime Health, Milestone Gallery, Rural Transit, Volunteer Programs)

March 2, 7, 9, 21, 23, 28, 30

• **Senior Health Promotion Center** The UNMC Colleges of Nursing and Dentistry, in cooperation with Lincoln Area Agency on Aging's Lifetime Health program, perform **health and dental screenings** at the Downtown ActivAge Center, 1005 "O" Street. No appointments needed for most services, walk-ins are encouraged. Dental screenings

Continued on Page 24



Calendar of Events

Continued from Page 23

do require an appointment; please call (402) 441-7575. The Clinic is open from 9:30 a.m. to 2:30 p.m., on almost every Tuesday and almost every Thursday. Call (402) 441-7575 for more information. Also, check with your closest ActivAge Center for transportation to the Clinic.

March 2, 7, 9, 14, 16, 21, 23, 28, 30

• **Movement Matters Exercise & Fitness Classes** Aerobic fitness for active older adults. Classes are Tuesdays and Thursdays, 9am or 11am, at Auld Recreation Center, 3140 Sumner. Eight-week session begins March 2. Can join at any time. Call (402) 219-7000 to register. Cost is \$40 for St. Elizabeth Advantage members or \$44 for non-members.

• **Stretch and Tone** An easy and relaxing way to improve your flexibility and muscle tone. Most exercises are done sitting or standing near a chair. A great class for the beginning exerciser or person who hasn't been exercising for a while. Classes are Tuesdays and Thursdays, 9:30 a.m. to 10:15 a.m., North Gate Estates, 2425 Folkways Boulevard. Eight-week session begins March 2. Can join at any time. Call (402) 441-7575 to register. Cost is \$28.

March 2, 9, 16, 23, 30

• **Yoga Refresh and Renew Exercise & Fitness Classes** Gentle yoga class includes relaxation. Classes are Thursdays, 10 a.m. to 11:30 a.m., at the Belmont ActivAge Center, 1234 Judson. Eight-week session begins March 2. Can join at any time. Call 402-441-7575 to register. Cost is \$45.

March 3

• **First Friday Gallery Walk**, Milestone Gallery, Downtown Center.

March 14-15

• **RSVP TRAVELOGUE: It's Great Britain.** Explore around the world adventures with professional photographers narrating the travel. Shows are on Tuesdays, 2 p.m. & 8 p.m., and Wednesdays, 2 p.m. & 6 p.m.; at Edgewood Theatre near 56th & Highway.

2. Tickets are available at door: \$6 for those 55+ or \$7 for those under 55. Or call Volunteer Programs at (402) 441-7026 about season tickets. If you would like to have van service for the Wednesday, 6 p.m. show, call (402) 441-7158 to schedule at least one week prior to show. Van cost is \$4 per ride.

March 15

• Spring Yard Start-up for mowing and clean-up begins on March 15. Call Handyman at 441-7030.

APRIL 2006

Tickets, Tours & Events

April 3

• **ActivAge Tickets: Dean Church Variety Music Show.** will be coming to the Lied Center on Monday, April 3, at 2 p.m. Dean plays fiddle, violin, and the banjo and has been the featured instrumentalist with the Brashlers and the Magnificent Seven. He started performing at the age of 11 years. Branson voted him as "Fiddle Player of the Year" for four consecutive years. Dean has shared the Branson stage with Ray Price, Tony Orlando, Boxcar Willie, Ferlin Husky, Jim Stafford, and Cristy Lane. You may have seen him as "Thomas" in the IMAX movie, "Ozarks Legacy and Legend." This variety show will feature country, classic, Celtic, and gospel music, too. Comedy, trick fiddling, Elvis, patriotism, and fantastic costumes! Cost is \$22, payable to "Jon Dorr." No age requirements. Van available for an extra fee. Call (402) 441-7158 to reserve your tickets.

April 4

• **ActivAge Tickets: Van Cliburn Competition Gold Medalist.** Lied, 7:30 p.m., \$11, 441-7158.

April 5

• **Van to the Travelogue,** Wednesday at 6pm show. \$4. Call 441-7158.

April 6

• **ActivAge Tickets: "The Mouse Trap,"** Lincoln Community Playhouse, 7:30 p.m., \$15, 441-7158.

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Calendar of Events



Calendar of Events

Continued from Page 24

April 8

• **ActivAge Tickets: The Will Rogers Follies.** starring Larry Gatlin The life and career of America's "favorite son," Will Rogers, comes to the stage in this all-singing, all-dancing Broadway extravaganza. Winner of six Tony Awards®, The Will Rogers Follies is a dazzling spectacle about America's first

international media sensation whose wit and homespun wisdom still ring true today. Set on stage during one of the legendary Ziegfeld Follies, Will's story comes to life with magnificent sets, luscious costumes, and a bevy of beautiful girls. See this show on Saturday, April 8, 2 p.m., at the Lied Center for the Performing Arts. Cost is \$37.80 per ticket, with no age

requirements. Payments are to "UNL" with a check, Visa, or MasterCard. Need a total of at least 20 ticket holders for this special price. Seating will be in the center back of Section 2. Van available for an extra fee. Reservations & payments must be completed by March 8, by calling (402) 441-7158.

end

AARP Nebraska Seeks Advocacy Volunteers

Do you have a passion for issues that impact people as they age? If you answered yes, consider getting involved with AARP Nebraska's legislative and voter education efforts. We are seeking advocacy volunteers from all 49 legislative districts and Nebraska's three congressional districts.

At the top of AARP's 2006 agenda in the state legislature is a measure to make prescription drugs more affordable for the uninsured. We'll also be fighting to protect the Medicaid health care safety net for low-income Nebraskans and lower prescription drug costs in Medicaid. Another top issue for AARP is lessening the

property tax burden on low-income seniors who could be forced out of their homes by high taxes.

This is an important election year with a U.S. Senate race, Governor's race, all three House races and 24 legislative races. We need your help determining where the candidates stand on issues affecting older Nebraskans and sharing this information with voters.

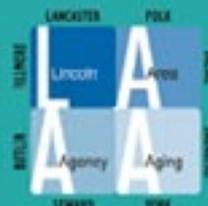
Training for volunteer positions and reimbursement for expenses is provided. To learn more about volunteering, contact Mark Intermill in Lincoln at 402-323-5424 (or 1-866-389-5651 toll free), or send email to mintermill@aarp.org.

Nebraska Family Caregiver Month

Have you hugged your caregiver today?

**Companion, Respite
& Wellness Services**

**Programs of Lincoln
Area Agency On Aging**



Lancaster County 441-7070

1-800-247-0938

Public Service Announcement

Aging does not necessarily mean poor health

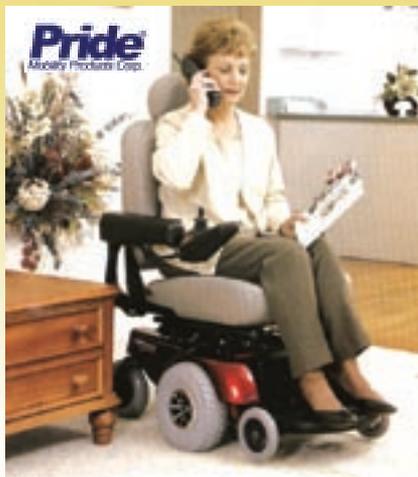
Much of the illness, disability, and death associated with Chronic disease is avoidable through known prevention measures.

Key prevention measures are:

- ❖ Practice a healthy lifestyle:
 - Enjoy regular physical activity
 - Eat healthy
 - Avoid tobacco use
- ❖ Early detection practices, including screening for:
 - Breast, cervical, and colorectal cancers
 - Diabetes and its complications
 - Depression



Call **441-8065** for information about Community Health Stations and Mobile Health Clinics available for older adults. Services provided by the Community Health Services Division of the Lincoln-Lancaster County Health Department.



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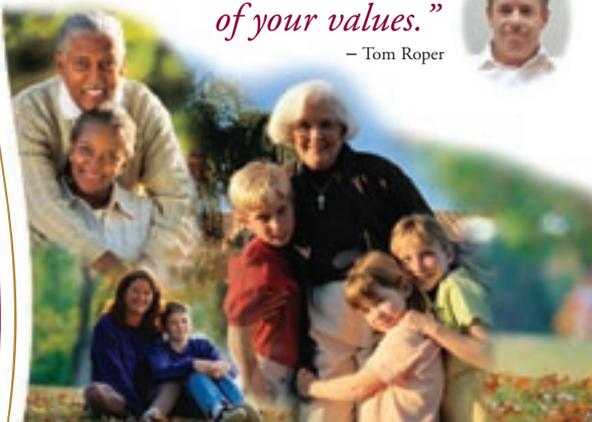
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Foundation celebrates 25 years of support to LAAA

As the Seniors Foundation of Lincoln and Lancaster County celebrates 25 years, Foundation representatives thank everyone who has made it possible.

Throughout the years, the Foundation has been able to purchase vans for senior citizens, help purchase the downtown ActivAge Center building and the northeast Havelock center building, lend assistance for computer programs, among serving other important functions.

The Seniors Foundation began 25 years ago to support LAAA senior citizens and the scope of the Founda-

tion has grown since then. The Foundation has three community focus projects — Fitness & Health, social transportation and education.

Maurice Russell, president of the Seniors Foundation thanks those who have helped financially throughout the years and asks for the continued support in 2006.

“We want to increase community awareness about older adults’ needs and issues and ensure a quality of life for the senior citizens in our area,” Russell said.

In conjunction with the 25-year anniversary, the Foundation organized a 25-prize raffle and thanks everyone who purchased a ticket. Results were not available by press time to be in this publication, but can be found by looking on the Web site at www.seniorsfoundation.org.

SENIORS FOUNDATION

of Lincoln and Lancaster County

The Foundation would like to remind people they can support Lincoln Area Agency on Aging programs through memorial and honor giving through the Foundation.

As always, the Foundation gladly accepts durable medical equipment donations such as walking canes. The equipment should be in good working order.

Please call the Foundation at 441-6179 for questions.

“We want to increase community awareness about older adults’ needs and issues and ensure a quality of life for the senior citizens in our area.”

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Blankets let children know people care

During the past three years, more than 4,700 children throughout the state have found comfort through a wonderful gift thanks to Delores Lintel and the many people who have donated blankets, quilts and afghans to Project Linus.

Project Linus started in 1995 by a Denver woman who read about how a security blanket helped a little girl get through chemotherapy treatments. She started making blankets and donating them to the Denver Rocky Mountain Children's Cancer Center.

Now, Project Linus, named after the Peanuts character who carries a blanket with him, has grown into a nationwide organization with more than 376 chapters. Nearly 1.5 million blankets have been donated since the non-profit organization was formed.

Lintel has served as the Nebraska Chapter organizer the past three years.

She said it has been wonderful being able to help children who are ill, abused or neglected by giving them a blanket.

More than 4,700 blankets have been donated to children through hospitals, social service agencies such as Cedars Home for Children, The Friendship Home, Rape and Spousal Abuse Center, The FIRST Project, Army National Guard Counseling, Health and Human Services, Family Service, Child Advocacy Center and anywhere a child is hurting, abused, neglected or afraid.

"These blankets are something for these children to hug and hang on to while they go through their problems and let them know someone cares," Lintel said.

Lintel praises the many people who display their generosity and skill in donating or creating these blankets, quilts and afghans.

For more information about how you can become involved with Project Linus or to contribute financially, call Delores Lintel at (402) 477-2260.

Delores Gade, left, donates one of her handmade blanket to Delores Lintel for Project Linus.



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Live & Learn on 5-City TV



There are four great ways to watch this entertaining and informative show for and about older adults!



Live & Learn hosts

1. Tune into 5-City TV, Channel 5
2. Copies available at Lincoln's Bennett Martin Library.
3. Call 441-6156 for present and past copies.
4. Through LAAA's Web site at lincoln.ne.gov/, keyword aging. Then just click on the Live & Learn logo.

Public Service Announcement

Home Handyman Service

Home Handyman Service is a program of the Lincoln Area Agency on Aging.

Do you need help with minor home repairs?

If you are 60+ years of age and live in your own home in Lancaster County, we can help you with minor home repairs such as:

- Leaky faucets
- Broken light switches
- Trim needs paint
- Need inside or outside painting

Call for free estimates TODAY! at 441-7030. Cost of services are scaled to your income.

LAAA Operation ABLE

The program for age 50+ job seekers can put you to work!

Call us and we will help you find part-time, full-time or temporary work. Call 441-7064 or toll free in Nebraska at (800) 247-0938.



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Public Service Announcement

The Perfect Gift:



Dual Memberships!

Give a great holiday gift for the entire family can enjoy. For only \$100, you and your family can get unlimited admission to the Lincoln Children's Museum and the Folsom Children's Zoo for a full year!

Plus, with your membership card your family will also get free or discounted admission to 100 other zoos including zoos in Kansas City, Omaha, Des Moines and Minneapolis.

Yes, I want to purchase dual memberships! *Cost is \$100

- Family (1-2 adults sharing a household with children under 18)
 Grandparents (1-2 adults and grandchildren under 18)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

of Children: _____ (please include names and birthdays of each child on a separate sheet)

- Check Visa Mastercard Discover Card

Card #: _____ Expiration: _____

Offer Expires March 31, 2005

Mail to: Museum/Zoo Memberships, 1420 P Street, Lincoln, NE 68508

Giving of themselves from the heart

Caregivers epitomize the type of people with big hearts who are full of helpfulness.

The Lincoln Area Agency on Aging offers multiple avenues for people to step into a caregiver role.

Friendly Visitors:

Has there ever been a time when you needed a friend? When you made a phone call or went to see someone so you didn't have to feel lonely.

There are many older people who never escape from that feeling. Even if they have family members nearby, their family cannot be there all the time.

As a volunteer you will visit, laugh, shop or simply share a cup of coffee.

You won't be asked to provide special services or skills just to open your circle of friendship and let someone in.

Many elderly people just need a friend to spend time with.

If you would like to volunteer to become a friend to an older person living near you contact Jeanette Sabatka in Butler or Saunders counties at (402) 784-2234.

Project HELP

For more than 12 years, Project HELP has recruited active and able volunteers to provide companionship, social interaction and caring person-to-person assistance to homebound individuals who live alone.

"We try to match compatible people who share common interests," said Lily Hans, Project HELP director. "Lifelong friendships have been created as a result of this program."

Trained volunteers visit on a weekly basis and monitor the condition of their friend's physical and

mental health. They also identify potential problems that might need professional assistance.

Their visits are designed not only to delay or postpone institutional living for frail and alone elders, they build a relationship on care, helping and trust.

If you would like to volunteer for Project HELP or if you or a friend or family member could benefit from this program, contact Lily Hans at (402) 441-6103.

The volunteers must be 55 or older and able to provide their own transportation.

Senior Companion Program

The Senior Companion Program helps persons 60 years of age and older who want to maintain independent living in their own home as long as it is safe to do so.

Senior Companions are trained volunteers who visit on a regular basis. They offer one-on-one support and friendship. Activities vary and many include; crafts, reading, games, walks, lunch and shopping.

In addition, Companions provide respite allowing care givers to take a break knowing their loved one has someone with them.

To become a Senior Companion you must be at least 60 years old, in good health, live on a limited income and be able to serve 20 hours a week.

Senior Companions benefit from hourly, tax-free stipend, paid vacations and holidays, training and education and recognition. Best of all you get the satisfaction that you are helping an older person live in dignity, hope and self-respect. If you would like more information about Senior Companions contact:

Butler County:

Linda Vandenberg in David City (402) 367-6131

Fillmore County:

Nancy Kohler in Geneva (402) 759-4921

Lancaster County:

First Service in Lincoln (402)441-7070

Polk County:

Judy Beatty in Stromsburg (402) 764-8227

Saline County:

Sunny Kontor in Wilber (402) 821-3330

Saunders County:

Sheri Shaeffer in Wahoo (402) 443-4896

Seward County:

Kathy Ruzicka in Milford (402) 761-3593

York County:

Carol Barr in York (402) 362-7626

Caregiver Support Services

Family caregivers do a lot to enhance the health and well being of the person for whom they provide care. It is important that they remember to take good care of themselves as well.

"One of the best gifts a caregiver can give to someone is their own health," said Peggy Apthorpe. "If they stay healthy, everyone benefits."

Caregivers have special needs and can benefit from flexible health promotion services designed to fit their busy schedules.

Services are free to caregivers and include:

- Stress Management/Fitness Consultations with Certified Personal Trainer
- Personal Wellness Assessments with a Registered Nurse
- Nutrition Assessments and Counseling with a Registered Dietician

Appointments can be set up at the home of the caregiver or another location such as the senior center that is convenient for the caregiver.

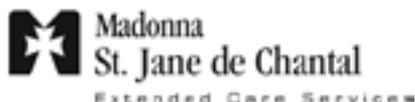
For more information on any of these programs, contact Lifetime Health at (402) 441-7575.



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The Arbors unites two Lincoln community leaders known for quality care and luxury senior living in a state-of-the-art residence. The Arbors is a unique assisted living environment specifically designed to provide the ultimate in care, dignity, respect, and quality of life for individuals facing Alzheimer's disease and related dementia.

For information about The Arbors, located at 3777 No. 58th Street in Lincoln, call 486-9045.



Healthy lifestyles can last a lifetime

The Lifetime Health Program maintains a focus on disease and injury prevention. Individuals are encouraged to take measures that decrease risk and promote optimum health.

The program began serving adults 55 and older in Lincoln and Lancaster County in 1984.

In 1997, service increased to include Butler, Filmore, Polk, Saline, Saunders, Seward and York Counties.

Health assessments, group and individual health screenings, health education classes and physical activity programs are offered.

A variety of individual and group screenings are offered to provide participants with knowledge of personal health risks and information about what they can do to lower risks and optimize Health. Services include:

- UNMC Senior Health Promotion Center
- Personal nursing assessments and consultations
- Group health screenings including bone density, blood pressure, cholesterol, medication and safety checks.

Physical activity has a positive effect on mental and physical health. Older adults in particular are known to benefit from regular participation in exercise.

Assisting individuals in their efforts to increase their

level of physical activity has always been a priority for Lifetime Health. Current physical activity programs include the following:

- Aerobic fitness
- Stretch and tone
- Yoga

Certified Personal Trainers assist people 60 and older with individualized physical activity programs. Forever Strong Health Club at the Downtown ActivAge Center stands as an example of an excellent program, as well as programs on 5-City TV including Exercise for a Lifetime, Yoga Refresh and Renew, Pilates and Forever Strong Strength Workout.

Lifetime Health staff are available to conduct 30 to 60-minute health education programs for community, church and social groups.

They are committed to assisting people improve and maintain their health through increased knowledge and awareness.

A variety of programs have been developed in the following general areas: Illness and injury prevention, physical activity, nutrition and mental wellness.



Above: Barbara Turner volunteers to prepare portions of caramel dip at the First United ActiveAge Center. **Right:** From left, Catherine Fristoe, Xenia Lindner and Delores Gade serve valuable functions as volunteers at First United ActiveAge Center.



Valuable volunteers

Throughout each of the Lincoln Area Agency on Aging ActivAge Centers, you can find people who make significant contributions to the center success. They are the senior citizen volunteers.

At the First United ActiveAge Center, 50th Street and St. Paul Avenue, it's no different, said Paula Bennett, manager.

"I'd be lost without these great volunteers," she said.

She relies on assistance from a handful of regular volunteers and others who step in to fulfill roles for various events.

Catherine Fristoe enjoys volunteering to work in the kitchen, clean up after meals or doing whatever is needed. She has volunteered at the First United ActiveAge Center for 20 years and said it not only benefits the center, but also herself.

"I worked most of my life and like to stay active,"

Fristoe said. "It gives me a good feeling to help and keeps me going."

Xenia Lindner also started volunteering at the center about three months ago and finds it rewarding. She said coming to the center has been great because she enjoys being around people and socializing.

Delores Gade said she is the type of person who needs something to do. So, she volunteers.

Each of these volunteers have shown that their generosity does not stop at the doors of the ActiveAge Center, they have been known to display that generosity through volunteerism and donations to organizations throughout the community.

In addition to the volunteer opportunities, ActiveAge Centers provide health-related programming, education, entertainment, transportation, meals and some tours to area attractions.

More Lincoln Area Agency on Aging's ActiveAge information available in:

- ~ Prime Time supplement and Neighborhood Extra in the Lincoln Journal Star
- ~ City of Lincoln web site at www.lincoln.ne.gov/ keyword: aging
- ~ Seniors Foundation web site at www.seniorsfoundation.org



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You could help influence state legislation and get involved in our 2006 voter education efforts. Or you could help educate consumers about fraud and wise use of medications. We're also recruiting volunteers to assist older adults with the Medicare drug benefit and to be a voice for nursing home residents. We're working hard to create positive social change. Get in touch with us to learn how you can help.



Call us toll free at 1-866-389-5651 or visit our website at www.aarp.org/ne.